

## Teambuilding with Your Peers & Family

### Sit Spot Pen Pals

**Estimated Time:** 10 – 20 minutes/day (for one week)

**Age range:** All grades

**What you need:** writing utensil, journal/notebook paper, a partner, comfy spot to sit, a camera, access to this document (or two printed copies for you and your partner to reference and fill out)



#### New Words

An **observation** is something you notice, such as a trait or behavior of an object.

A **sit spot** is a location you visit repeatedly to think and reflect.

A **sound map** is a physical representation of different sounds, including how close or far away they are.

A **spyglass** is like a small telescope.

**Texture** describes the physical feel of objects.

#### Background Information:

You might be wondering what exactly a “**sit spot**” is. A sit spot is somewhere that you feel comfortable sitting, reflecting, and journaling. You can choose somewhere in your home or yard, or maybe your sit spot is on the branch of a tree! Both you and your partner will each select a familiar and comfortable place, or go for a location that’s entirely new to you.

*It is important that your locations are kept secret! You will try to draw—and locate—your partner’s secret sit spot once you have each completed your daily observations at the end of the week!*

The goal of the sit spot pen pal activity is to feel more connected to both yourself and your surroundings, as well as to strengthen your **observation** and communication skills. Choose someone to be your “sit spot pen pal”. You’ll each be sharing your sit spot observations with one another. Using the prompts provided, you will each record your observations at your sit spots daily for one week. Each day, take pictures of the observations you have each recorded in your journals.

The only rules are:

1. Don’t send your sit spot pen pal the pictures you have taken. These are for you to remember your observations, and to add further details to your notes after leaving your sit spot (if you’d like).
2. Don’t tell your sit spot pen pal where your sit spot is.



Name: \_\_\_\_\_ #: \_\_\_\_\_

At the end of the week you will try to draw each other's sit spots using the observations you've shared with one another as guidance. The following prompts will help you use your senses to observe. Make your entries as detailed as possible in order to help your pen pal draw your sit spot at the end of the week.

Follow the instructions on the next page to get started.



Name: \_\_\_\_\_ #: \_\_\_\_\_

## Sit Spot Pen Pals Activity

The following instructions are broken down into two segments for each day. Both you and your partner will complete the “on your own” segment at your separate sit spot. You will then meet with your partner away from each of your sit spots, swap notes, and complete the second segment for the day.

*It is helpful to have a separate sheet of blank paper each day for segment two.*

### Day 1: Intro to Sit Spot and Sensory Exploration

On your own:

Take some time to notice and write down...

- Four things you can see.
- Three things you can hear.
- Two things you can touch.
- One thing you can smell.

How is this place different from (or similar to) other places where you spend your time?

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Once both you and your partner have visited your secret sit spots, swap notes and consider the following:

Take a look at what your sit spot pen pal observed today. Are any of the things you wrote down similar? How?

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Where do you think their sit spot is? Why?

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**Day 2: Sensory Exploration - Sound**

On your own:

Take some time to focus on the noises going on around you. Pay attention to different sounds and the directions they are coming from.

**Where do you think each sound is coming from?**

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**Do you notice any familiar sounds? Why are they familiar to you?**

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Next you'll be creating a **sound map**! Mark where you are sitting on your page with an "X". Create a map of the sounds you hear around you by drawing pictures to represent each noise. Draw sounds that are close to you near the "X" and draw sounds that are far from you far from the "X".

Once both you and your partner have visited your secret sit spots, swap notes and consider the following:

Take a look at your sit spot pen pal's observations.

**Are you familiar with all of the sounds on their sound map? Which sounds are you most familiar with?**

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**Do you have any of the same sounds on yours? Which ones?**

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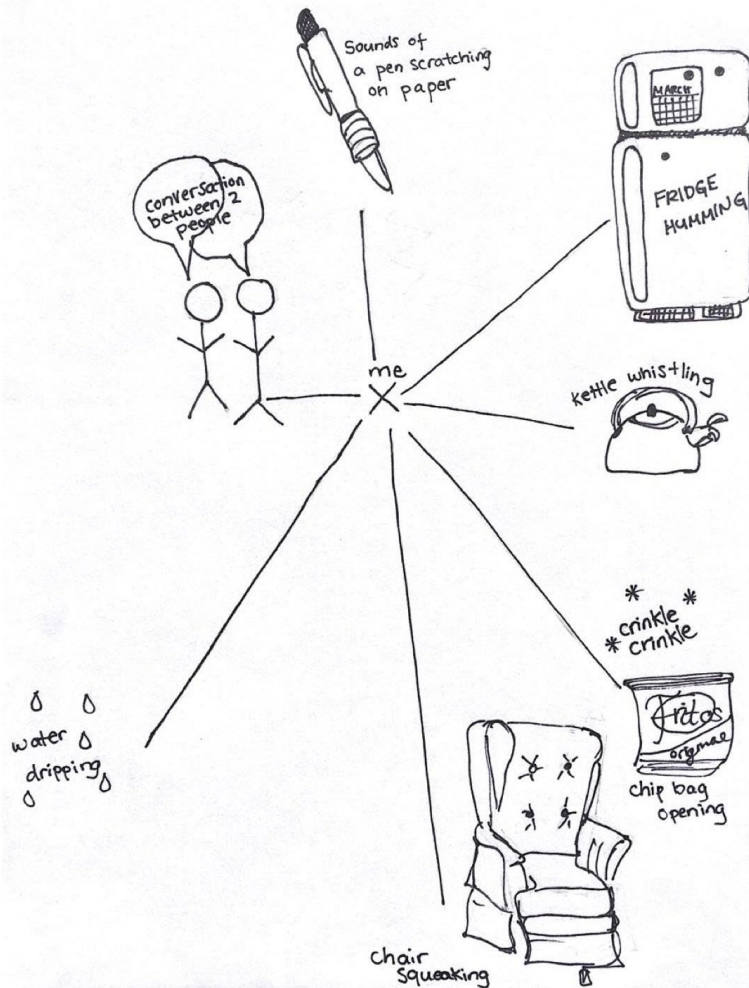
**Where do you think their sit spot is? Has your guess changed with this new information? Why or why not?**

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## SOUND MAP



## Day 3: Sensory Exploration - Sight

On your own:

Make a circle with your hands that you can look through. This is your **spyglass**! Focus your spyglass on something around you. Spend some time focusing your attention on the small details that you can see through your spyglass.

In your journal, draw what you see through your spyglass.

Did you discover anything new? What did you find?

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Once both you and your partner have visited your secret sit spots, swap notes and consider the following:

What does your pen pal's spyglass look like? What does it remind you of?

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Where do you think their sit spot is? Has your guess changed with this new information? Why or why not?

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Name: \_\_\_\_\_ #: \_\_\_\_\_

#### Day 4: Sensory Exploration - Touch

On your own:

Find an object in your sit spot that is small enough to hold in your hand.

**What does your object feel like? Is it hot or cold? Are the edges sharp or smooth?**

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Once both you and your partner have visited your secret sit spots, swap notes and consider the following:

Draw your object, paying close attention to how you draw the **texture**.

Take a look at what your sit spot pen pal drew. Write down what you think their object feels like.

**Where do you think their sit spot is? Has your guess changed since yesterday? Why or why not?**

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#### Day 5: Making Connections

On your own:

Look around your sit spot and focus on one object.

**What does this object remind you of?**

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Draw the object. Now draw the thing it reminded you of.



Name: \_\_\_\_\_ #: \_\_\_\_\_

Once both you and your partner have visited your secret sit spots, swap notes and consider the following:

Take a look at what your sit spot pen pal drew.

**Does their original object remind you of anything, aside from what they drew?**

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Draw your own interpretation.

**Where do you think their sit spot is? Has your guess changed with this new information? Why or why not?**

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### **Day 6: Sensory Exploration Continued**

On your own:

Senses: Sight, Sound/Hearing, Smell, Touch/Feel, Taste

Try closing your eyes for a few minutes, and imagine what's going on around you.

**Without your sight, which of your other senses do you notice the most? Why do you think this is?**

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**How do you use the senses listed above to your advantage?**

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**What might change if you lost one of your senses?**

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Once both you and your partner have visited your secret sit spots, swap notes and consider the following:

**Did your sit spot pen pal notice the same (or a different) sense more? Why do you think it was the same or different?**

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**Where do you think their sit spot is? Has your guess changed with this new information? Why or why not?**

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### Day 7: Sit Spot Conclusion

On your own:

Write down your favorite thing about your sit spot.

**What made you choose that location?**

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**Have you learned anything new while observing your sit spot this past week? What did you learn?**

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Once both you and your partner have visited your secret sit spots, swap notes and consider the following:

Take a look at your sit spot pen pal's final thoughts about their sit spot. Using all the information you learned from their observations for the week, draw what you think their sit spot looks like.

Try to find your partner's sit spot using your drawings and the clues that your partner has shared with you!

*If either of your guesses were incorrect, feel free to share the correct locations of your sit spots with one another.*

Now it's time to think about our experiences!



Name: \_\_\_\_\_ #: \_\_\_\_\_

## Sit Spot Pen Pals Reflection

Exchange drawings with your pen pal. Take a look at their drawing of your sit spot.

What is your initial reaction to the drawing? Are you surprised by anything?

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Using evidence from the drawing, what are some things you described well with your observations? Things that you didn't describe as well?

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What would you change about your observation style in order to help your pen pal picture your sit spot more clearly?

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After completing the above questions, exchange pictures so that you are looking at your drawing (of their sit spot).

What is your initial reaction to the drawing? Are you surprised by anything?

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How close do you feel your drawing was to the actual sit spot? Did you guess the location correctly?

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Think back to when you looked at your pen pal's sound map. How much did that help you with your drawing of the sit spot?

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What was the most helpful observation your sit spot pen pal made? Which senses did this observation involve?

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What have you learned about observation strategies from this activity? Communication strategies?

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How might you apply what you learned to your daily communication with others?

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